

Year 7 Curriculum Overview							
PE							
Autumn Term	Knowledge & Understanding			Literacy Skills	Employability Skills [if any]	Assessment Opportunities	CST
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]				
Half term 1 and 2	Health Related Fitness	Understand the anatomy behind heart rate fluctuations and the basic reasoning for this. Pupils should understand that different events demand different components of fitness. Highlight the possible health benefits gained from taking part in fitness-based activities and discuss the need to stay healthy and active. Key skills include: Resilience and the understanding of physical social and mental health benefits.	Build on fundamental movement skills learned at KS2	Use of KO and vocab lists in 'Do Now' tasks.  Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/ recording results  Use of task and technique cards, using keywords and vocabulary.  Oracy skills through verbal feedback	<ul style="list-style-type: none"> <li>Resilience</li> <li>Confidence</li> <li>Self-reflection determination</li> <li>Teamwork</li> <li>Leadership</li> <li>Respect</li> <li>Adhering to rules</li> <li>Coaching</li> <li>Analysis</li> <li>Giving feedback</li> <li>Presenting/performing</li> <li>Safety consciousness</li> <li>Health consciousness</li> <li>Decision making</li> </ul>	<p>MCQs</p> <p>Formative assessment through small sided games</p> <p>Summative assessment through full sided games where possible</p> <p>Formative and summative assessment through scenario-based activities and group/individual performances</p> <p>Physical, mental and social to be assessed</p>	<p>Human Dignity:</p> <p>Stories of immigrants and refugees that have fled conflict and played sport to a high level.</p> <p>Peace:</p> <p>Sportsmanship and resolving conflict rather than behaviours we would not want to exhibit on a sports field or around school</p> <p>Solidarity: Team work and the pride in representing St Anne's sports teams.</p> <p>Preferential treatment for the poor: Saint John Paul II Sports</p>
	Invasion Games  (Football, Basketball, Netball, and Rugby)	Demonstrate basic movements including running, jumping, kicking and catching techniques applied with some coordination and control.  Use basic techniques in a small-sided game and will pass and shoot with reasonable accuracy.  Show a basic tactical awareness and react to opponent's pressure in a small sided game.					
	Net and Wall Games  (Badminton)	Show a developing ability to read the flight of the shuttle and move into the necessary space to replicate chosen shot.  Use different speeds and can manoeuvre/manipulate the shuttle into a number of different positions. Accurately replicates other core skills when needed, these would include jumping, sprinting, balance, reaction time. Can maintain a rally. Begin to understand importance of strategy and tactics when attacking.					

	Gymnastics	<p>Identify the main aspects of a good performance and will work with others in the group to discuss how performance could be improved.</p> <p>Perform most gymnastic movements with control and will attempt to link elements together.</p> <p>Physical literacy is developing.</p>					<p>Scholarship embedded annually</p> <p>Providing kit for students on PP list.</p> <p>Participation:</p> <p>St John Paul II Sport Scholarship set up to create opportunities and increase participation</p> <p>Common Good:</p> <p>Charity work for Mary's Meals, local links with sports clubs and primary schools (SCFC intervention)</p>
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**Year 7 Curriculum Overview**  
**PE**

Spring Term	Knowledge & Understanding			Literacy Skills	Employability Skills [if any]	Assessment Opportunities	CST
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]				
<p><b>Half term 3 and 4</b></p> <p>Pupils will take part in 2 composite s per term</p>	Dance	<p>Perform dance movements with control and will show a range of well-coordinated choreographed movements to the set music.</p> <p>Use a sound understanding of creativity and times movement patterns well with the music Identify the main aspects of a good performance and will work with others in the group to discuss how performance could be improved.</p>		<p>Use of KO and vocab lists in 'Do Now' tasks.</p> <p>Use of whiteboards and mini whiteboards for identifying</p>	<ul style="list-style-type: none"> <li>Resilience</li> <li>Confidence</li> <li>Self-reflection determination</li> <li>Teamwork</li> <li>Leadership</li> <li>Respect</li> <li>Adhering to rules</li> </ul>	<p>MCQ's</p> <p>Formative assessment through small sided games</p>	<p>Human Dignity:</p> <p>Stories of immigrants and refugees that have fled conflict and played sport to a high level.</p>

				<p>keywords/analy sing performances/r ecording results</p> <p>Use of task and technique cards, using keywords and vocabulary.</p> <p>Oracy skills through verbal feedback</p>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Analysis</li> <li>• Giving feedback</li> <li>• Presenting/perf orming</li> <li>• Safety consciousness</li> <li>• Health consciousness</li> </ul> <p>Decision making</p>	<p>Summative assessment through full sided games where possible</p> <p>Formative and summative assessment through scenario-based activities and group/individual performances</p>	<p>Peace: Sportsmanship and resolving conflict rather than behaviours we would not want to exhibit on a sports field or around school</p> <p>Solidarity: Team work and the pride in representing St Anne's sports teams.</p> <p>Preferential treatment for the poor: Saint John Paul II Sports Scholarship embedded annually</p> <p>Providing kit for students on PP list.</p> <p>Participation: St John Paul II Sport Scholarship set up to create opportunities and increase participation</p>
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	Cricket	<p>Pupils will learn to apply and use a range of techniques for batting, bowling and fielding during game play. Pupils will implement strategic and tactical decisions based on the hitting/movement of the ball into space and choice of skill execution. Opportunities to lead small groups will develop communication and decision making skills. Use rounders to develop mental capacity through scoring, calculating runs needed and other simple mathematical calculations.</p> <p>Pupils will develop the fundamental principles of play when replicating core skills and movement needed including; batting, bowling and fielding. To develop a more detailed understanding of terminology, rules and umpire signals during a competitive game situation. Pupils will develop an understanding of how to outwit opponents using strategies and tactics during game play.</p>	<p>Competency in skill acquisition</p> <p>Adherence to rules</p> <p>Successful decision making and problem solving</p> <p>Aesthetic performances</p> <p>Effective transfer of knowledge from one activity area to another through interleaving</p>				<p>Solidarity: Team work and the pride in representing St Anne's sports teams.</p> <p>Preferential treatment for the poor: Saint John Paul II Sports Scholarship embedded annually</p> <p>Providing kit for students on PP list.</p> <p>Participation: St John Paul II Sport Scholarship set up to create opportunities and increase participation</p> <p>Common Good: Charity work for Mary's Meals, local links with sports clubs and primary schools (SCFC intervention)</p>
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